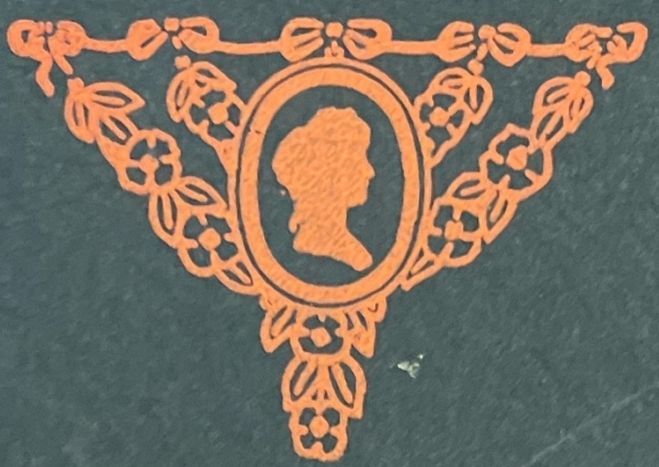
RELAX FIRST



WILLIAM R. FERGUSON

Vera Brueggen

RELAX FIRST

by

WILLIAM R. FERGUSON

Copyright 1937

By WILLIAM R. FERGUSON

Published by
THE BRONSON CANODE PRINTING CO
626 Federal Street
Chicago, Ill.

PRINTED IN U. S. A.

156

PREFACE

It is my aim, in this book to give my readers the most comprehensive outline of true relaxation in the most simple form.

I hope every one who honors me by reading the following chapters will accept my statement that all these conclusions are the result of years of experiment and research into the realities of LIFE.

Yours for a more abundant Life.

William R. Ferguson.

TABLE OF CONTENTS

I. What is Life?

II. What do you want?

III. What you need.

IV. Relax First.

V. The Human Symphony.

VI. The Art.

VII. After ten days.

VIII. Thirty-nine things to think about.

IX. Utopia.

X. I Will Win.

CHAPTER ONE

WHAT IS LIFE

Life is that constant pulsing exhuberance that dominates the universe. To put it in a simpler form, life is an expression of activity that always moves forward — never backward. If any form of life stops to move forward, it deteriorates; that is, the physical expression of it dies and it fails to express itself any longer. But life itself never dies, never deteriorates; it expresses itself in another sphere of reality. If we are to get the most from life, we must realize this, and upon this principle only can we understand life and seek out the reason for its making any expression at all.

The evolution and continuity of life, as expressed in the seed of plant and other forms of life, bears out the theory that life is endless. Since the beginning of known recorded events and philoso-

phies of life by different great leaders, we find expressions leading always to the same end; that life surely must be immortal. The differences of all philosophers from Moses to Emerson and up to the present has always been, "how we can best enjoy and direct the power of life within our individual being." It is easy for any person to know, as most people do, that the life of the universe is constantly in motion and progress. Before we can regulate and co-ordinate ourselves with life, we must have the proper conception of life; we must look at it and know it to the extent that we can work harmoniously with the natural laws that govern life.

Let us assume you have as many small particles as could possibly be numbered, each one containing limitless power and intelligence. You toss them away from you in all directions and, by so doing, you find you were a part of each particle and each particle was a part of you. You still control each particle and each par-

ticle controls you. There you have an example of the power of the universe,—the universe itself,—the laws of God,—the good,—the creative knowledge; in fact, you would have and be everything and also a part of the whole. That is life and that is what you are when you are expressing your true real self. There is nothing else in or outside of this or any other sphere that affects us in any way, shape or form. The thing that most people call life and express as life is nothing but false images that have been stored away in the picture gallery of trusting reality because it is so designed in the sphere we are in, and, it must build after the images it receives, be they false or real. These images have been constantly enlarged, developed and reprinted from the first negative so that, as a consequence, we are living a false, unhealthy, unhappy, unreal life. And all this through no fault of our own but because of the lack of development and the stupidity of our forebears.

If you are intelligent, I have given you something to think about and, if you are not, sooner or later you will do some creative thinking. During the remainder of this book, I will tell you something that comes from experience and from my success in helping others to win back health and happiness. I know I can help you, even if you think you know more about the subject than I do.

CHAPTER TWO

WHAT DO YOU WANT

The majority of people would say, give me enough money to have the things I have always wanted. Money is a medium of exchange and is necessary to our existence with the economic system we have today. Money becomes a blessing to us when and after we have found happiness. To have money before we have found happiness causes it to become the root of all evil in our life. The all important thing that we need and should seek is to solve the place in the scheme of things where we can fit,—to really find ourselves and to be enlightened as to the course to follow. There has been so much controversy, so many plans offered, and so many things said, —all causing a confusion as to what is the best course to pursue. You can arrive at the best answer yourself but

only after you have found yourself. You will not find yourself as long as you listen to the preconceived ideas of others. Do not take your cues in life from others, but be different. When you have found yourself, you will readily see why you are different. Each one of us has an unoccupied position in life to fill. We each have a work to do and no one but you can do your allotted bit. Everything you read and apply in this book will better acquaint you with yourself. Do not put it off. Give yourself a chance today.

If you are one who has found true happiness and perfect health, you and I both know that my words will not aid you. Many people have said to me, "You arrange to get me a certain sum of money and I will be happy; with the money I can buy all the health I need." One man I talked with is to be especially pitied. He was of the opinion that science has progressed to the point where anyone with enough money could

buy all the health he needed. Every few days you read in the newspapers an article stating that a cure has been found for some dread disease and yet, you know that thousands, rich and poor, are dying every year from that same disease. They will continue to die, both the rich and the poor, as long as the basis for a cure is looked for from the outside. All cures for human disease will be found inside. All so-called outside or material cures are, at their best, only assistants to the real curative agency. All progress in the direction of eliminating disease has been brought about through hygiene and a search and discovery of causes and preventive measures. Yet with all the prevention, barring contagious and infectious diseases, there has not been found one cure. I will describe for you the different kinds of disease in a way that will not confuse. I will answer many questions you have asked concerning them. Functional disease or disorder is a condition where one or several parts of the

body are not performing their duty in a normal way. This condition is brought about through worry, lack of nourishment, an unsettled mind and dissipation, —any of these will cause nerve tension. The remedy is to RELAX FIRST. This will stop the worry, settle the mind, remove the desire for dissipation and give you the ambition to go out and seek the needed nourishment.

Contagious disease is a condition where the resistance powers of the body have become so weak that they are unable to withstand the onslaught of invading germs. The cause and remedy of this condition revolves around resistance. RELAX FIRST. This will stop the waste of your resistance through tension and at the same time build it to a new high that will protect you at all times. Infectious disease enters the same category as the contagious disease in this analysis. RELAX FIRST. Keep your resistance high and infections will not interfere with health and happiness.

Organic disease is a condition where a part or parts of the body have been destroyed. That is, some of the tissue of the part affected has been destroyed and we have what is called a lesion. These organic diseases are incurable provided our resistance succumbs to their onslaught. The best we can expect is temporary relief and a patch up.

In this brief analysis, I am trying to impress upon you the necessity to RELAX FIRST. After you have relaxed, if there is any doubt in your mind as to the condition of your body, see a good surgeon. If there is any cure for you, you will get it through your mind or through your surgeon. Drugs never have nor never will cure anything. Summing up all disease, we really have only two kinds. First, those whose origin is in the mind, and Second, those whose origin is mechanical. The first one cannot be cured with a microscope. The second cannot be cured with psychology. But,

the first one can be cured when we have learned to RELAX FIRST. The second class can be patched up and repaired by a good surgeon.

CHAPTER THREE

WHAT YOU NEED

1. We must master the Art of Relaxation in order:
   To accomplish the most in life.
   To keep our vitality.
   To remain young and strong.
   To keep healthy and happy.
   To succeed in our endeavors.
2. Complete and perfect relaxation will bring about a natural co-ordination between the organs, glands, and other phases of our being that will give us beauty of figure and grace of movement, something we all desire.
3. You will never regret the moments you spend mastering this art.
4. The instructions in this book are simple to follow.
5. The results are inevitable.

6. The philosophy is sound and based on years of practical experience.
7. You will find no quotations or criticisms in this book.
8. This idea of life stands on its own.
9. The first work on the Art of Relaxation by your author was copyrighted five years ago under the title of "The Science of Metaphychosis." The new word caused so much controversy that it was decided to change, simplify, and enlarge it, hence: "RELAX FIRST."
10. Every statement given here has been tested and proven by the practical experience of several hundred ordinary intelligent people.
11. Tense nerves waste life's most precious energy.
12. You have voluntary and involuntary nerves.
13. You cannot directly control your involuntary nerves.

14. Through complete relaxation, you gain control over your entire being.

15. Your part in mastering this Art of complete and perfect relaxation is to follow every instruction explicitly and prove to your satisfaction the truth of my statements.

16. A relaxed heart beats normally.

17. A relaxed liver becomes a very efficient gland for eliminative processes.

18. A relaxed pituitary gland, co-ordinated with other functions of the body and mind, will keep the proper weight balance established.

19. Relaxed lungs supply the blood with the proper amount of oxygen.

20. Relaxed digestive organs are capable of efficiently performing their duties.

21. Relaxed eliminating organs will cleanse the body of all accumulated waste.
22. Relaxed glands will bring about the proper distribution of cell and tissue growth.
23. A relaxed mind is a peaceful mind.
24. All cell growth is dependent on the principle of contraction and relaxing.
25. Stretching will contract; releasing will relax.
26. Tenseness of nerves results in worry and fear. Relaxation of nerves results in confidence and courage.
27. The power of life flowing through the nervous system is wasted through tenseness.
28. The power of life flowing through the nervous system becomes more powerful with relaxation.
29. Tense nerves, not work, sap our vitality.

30. A relaxed nervous system reflexes the right way and at the right time.
31. A relaxed face wears a smile.
32. A tense face wears a frown of worry; more muscles are used, thereby wasting energy and causing more worry.

CHAPTER FOUR

RELAX FIRST

The words relax and relaxation are commonly used by the majority of people today without true knowledge of their real meaning. I will give a clear definition of relaxation as a highly developed art.

In order to relax, one must release all of the tension from every nerve in the human being. True relaxation means just that,—no more and no less. There is nothing else under the sun that will change this universal law. One can do many things which have a tendency to relax the body and mind, such as trips, voyages, hot baths, intoxicants, quiet, fresh air, change of environment, etc. Any of these, if taken sanely and with an expectancy of good results, have their merits and will produce results as far as they go. But not one or all of these will

give anything except inducements to relax. They are all approaches to relaxation.

In the next chapter, I am going to tell you how you can master the Art of Relaxation in ten hours over a ten day period in the quiet of your own home and without any effort or exercise on your part. In mastering this art, there are some movements you might call exercise. But these movements you will do are not exercise at all. Any motion or movement you make with your body that is immediately followed by a relaxing quality or a tendency to relieve tension of the nerves is not exercise. That is exactly what you do in my formula for relaxation, as you will soon learn. For example, if you raise your arm and then draw it back to your body, that is exercise. But if you raise your arm and let it drop to the side of your body or wherever it falls, that is not exercise. The relaxing effect of letting your arm drop puts or generates more nerve energy or life en-

ergy in the nervous system than was used to raise the arm.

Some of these statements I am making may seem far fetched to you who are uninitiated in this new art. Every move we make,—every thought we think,—they all have their individual and collective value as much in comparison as notes are in a scale of music. All through known history, mankind has been searching for the key to the secret I am going to give to you.

I cannot say too much about relaxation. It is mentioned more in the scientific world, as affecting life and health than any other subject. The ancient saying, "do not take yourself seriously, but demand that others take you seriously," can be applied here to relaxation. I demand that you take the real true form of complete and perfect relaxation I am giving you seriously, because it is the only sound basic principle upon which we can build our health and happiness. I could quote hundreds of statements by

prominent authorities who emphasize the necessity of everyone relaxing but I am expecting you to accept my statements concerning this art. You will find absolute proof of my statements when you put my methods into practice. I say relaxation is an art which should be mastered by every one. But I do not leave you there wondering how. I actually tell you how to master the art. I am giving you the fundamentals that are necessary to approach relaxation in the proper way to get sure definite results. My formula gives you the exact method. Put that into practice and you need no more to master the art of relaxation perfectly.

We must relax first. We must co-ordinate mind and body. What would be complicated in the ordinary tense state of mind, in fact, what would be absolutely impossible in this state, becomes easy and simple after relaxation. Now do not confuse complete and perfect relaxation with what is commonly called relax-

ation. The words relax and relaxation are used by practically everyone with the idea that being quiet, taking a trip, fishing, playing golf, bridge, or anything that temporarily takes your mind away from ordinary routine is relaxation. Although these diversions do have a tendency to relieve nerve tension temporarily, they do not begin to approach the reality of relaxation or the particular kind of relaxation I am speaking of.

I have traveled far on this highway of a more abundant life and have discovered many things of immeasurable value to everyone who would live, not merely exist. In a simple, straight-forward manner and frank discussion of these things, without making any claim to literary ability, my inmost desire is to pass on to you who look beyond, some real truths that will work with you and for you every day. Years ago, I had a long siege of illness that was completely eradicated by the same methods I am teach-

ing you. The method I discovered at that time wrought the change in my health and happiness where other well-known methods failed. I am not going to be critical of others and their methods; they all have their place. The oxen did their work and were very useful in their time. We continue to progress as we learn more and as ancient ways of doing things are out-moded. Because of the experience I have had teaching others, both personally and through my writings, I have found the hardest part of my work is to impress the individual to practice what I teach. I want you to feel that I am saying what I am in the most sincere way I know, and with a soul felt desire to make your life a healthier and a happier one and to do my share to make the world a better place in which to live.

It is not my method to be egotistical but I must be positive in presenting and conveying to you the sincerity I feel and

know on the subject of life. I have no tolerance for quarrels, hatred, jealousy, anger, fault finding or any other manner of negative silly littleness. These negative passions of ignorance might have been excusable before man reached the stage of development he occupies today. Everything that makes people miserable and unhappy is the direct result of their failure to see the light of truth shining upon life's pathway. If life itself does not mean more to you; if it does not counterbalance everything else in your existence, do not read another line because the words are meant for those who would be shown the true way of life, not from a theorist, but from one who has experienced all life's intricacies of which he writes. I am not going to attack any theory, principle or belief. Before I go further, let me say we have all been eating, drinking, sleeping, thinking and hearing wrong, not that we have done too much or too little of the above men-

tioned but we wandered so far away from the natural way that if we were not wonderfully made, we would have passed on long ago, not just as individuals but as a race. Before we ever have permanent peace and prosperity as a nation or world, we must cause the individual to reach the degree of knowledge that will give natural laws the right of way.

HOW to be HEALTHY and HAPPY

Relax first.
Keep relaxed.
Eat when you are hungry.
Eat what you like.
Eat as much as you desire.
Enjoy your food as you eat.
Eat slowly and leisurely.
Drink anything you think and believe is good for you.
Sleep when you are sleepy.

The lack of either food or sleep for a short time will not harm anyone in any way and if you have no food to eat and no time to sleep, in a short time you will not need either.

CHAPTER FIVE

THE HUMAN SYMPHONY

The nerves are as notes in a symphony of music. The nerve centers are the musicians; the mind is the conductor. It is an art to conduct a musical symphony, a very highly developed art, to say the least. "RELAX FIRST" and you will be the conductor of a harmonious symphony of the very soul strings of life,—your nerves. It is comparatively easy for a conductor of symphonic music to conduct his musicians because he has mastered the art of music. The same will be true in your human symphony after you have mastered the art of relaxation. There are so many harmonies in life waiting for you that you want to be sure you qualify to receive them. I am giving you the keys to the treasure hideout. Step by step you must advance and explore the caverns. You must re-

hearse your musicians. You must be sure that each one knows his part. You must teach each unit to understand the meaning of each position and movement of your baton. You are the conductor and as you continue to follow the instructions you have and will receive, your ability as a conductor of the human symphony will increase and your symphony will play harmonious and coordinated selections of health, happiness and success.

CHAPTER SIX

THE ART

Regardless of how much education you have;—regardless of what others have told you;—regardless of what you think is the best information you have ever received for your health, happiness, and success;—listen and mentally digest what I tell you in this chapter. Apply it and you will do yourself the greatest favor you have ever done. The hardest obstacle I have had to overcome in bringing happiness to others is their inability to realize the magnitude of my discovery or their lack of ambition to apply it. The results are inevitable and will react the same on man, woman, or child. It sounds simple and it is simple to apply if you follow the directions explicitly. If you cannot give one half hour of your time upon retiring, or at any other time of the day, for ten days for your own good and as a fair and honest trial of my formula,

you might just as well throw this book away. Now if you are still reading and being honest with yourself, you are going to experience some great things from now on. It is not my aim to keep you in suspense but I must insist that you do exactly what I tell you to do, and in the exact way I tell you to do it. Now, if we still agree, LET'S GO.

Select a spot, place or room in your home where there is a bed or lounge that is long enough and wide enough to support your entire body. Wear your pajamas, underwear, a loose fitting robe, or be in the nude. The temperature of the room should be of a degree that will enable you to sleep without covers; if not, you must make arrangements with someone to cover you up after you have completed the arm and leg movements. If you have no one to cover you up, you will have to move at this point in the formula in order to pull the covers over yourself. I will mention this again later.

1. Before lying down, take a good one-minute stretch; a stretch you will be able to feel all over your body. Rise on your toes and reach up as high as you can with your hands. Bend and twist your body. Be sure you stretch for a full minute. Do not omit this important preliminary.
2. Now lie down flat on your back on the lounge or bed. Take any pillows you are accustomed to sleep on and put them under your feet. If the mattress is not comfortable for your head, place a small thin pillow or cushion under your neck and the lower part of your head. Never have your head higher than your shoulders and feet, —remember this.
3. Now stretch yourself lengthwise; get your feet as far away from you as possible. Devote one full minute to this stretching.
4. Now raise your right arm to a vertical position, that is straight up, and

let it fall to the side of your body. LET IT FALL! DO NOT PUSH IT DOWN! Repeat this movement at least five times but not more than ten times. Do this with the right leg, left arm, and left leg in the same manner. Now you will be ready for covers if you need them. Remember the instructions concerning covers and a "cover-upper." I might as well state here that we should never lose our sense of humor. I have had many people who bought my first copyrighted formula ask the question, "How can I cover myself up after completing the arm and leg movements when you tell me not to move?" Hence, the details and a smattering of humor this time. Well, you are now covered up and should be perfectly quiet from now on. Do not move even a finger, a toe, or any other part of your body, except as I tell you.

5. Now turn your head to the right and then to the left; that is, alternate right and left. Count each movement; right one, left two, and so on up to sixty. Be sure and turn your head over far enough so that your cheek touches the pillow or mattress. If your head is not resting comfortably after completing these movements, move it around a few times until it is perfectly at rest.
6. Now move both eyes directly to the right without straining and at the same time, inhale a natural breath. As you exhale, let your eyes move back to the center. Be sure to get the movement of the eyes and the breathing simultaneously. In the same manner, move the eyes to the left and back; up and back; down and back; to the right lower corner, left lower corner, right upper corner, left upper corner,—each time bringing your eyes back to the center. Remember to in-

hale and exhale with each movement. Do each movement two times in the order I have given them. Do not forget.

7. Now take a real deep breath filling the lower part of your lungs. This will cause your belly to extend and rise; not your chest region but your abdominal region. As you exhale slowly, let your eyes close. Do not force them shut. You have perhaps noticed that after each movement in this formula, you always let the parts you are treating go. You must carry this out at all times in order to cause the proper relaxing reaction on the nervous system.
8. Now your eyes are closed. You are not moving any part of your body. In fact, you MUST NOT move any part of your body, not even a finger or toe. If you have done everything I have told you to do, you will have no desire to move. Continue to take the deep

abdominal breaths. Do this slowly and repeat at least ten times but not more than twenty. By this time you are beginning to get the body relaxed. We must also relax the mind and to effectively do this, do not try to think of anything. JUST LET GO.

9. After letting your thoughts wander where they may for about five minutes, the mind will become centered on some particular problem that is uppermost in your mind at the moment. You will at this time begin to realize what it means to become relaxed. You will experience an absence of feeling throughout your body. As I stated above, the mind will be centered and become clear and definite in its action. The first time you apply this formula, the results will be pronounced enough to convince you of its merits and as you continue, the results will increase accordingly. The first application will give you a degree of relaxation and

co-ordination of mind and body that will enable you to apply the basic principles of true relaxation. As you reach this state of being, you can change any dominating image that is brought forward into the reasoning mind by visualizing everything that comes forward just as it should be for the best. By actually seeing the thing or condition as you want it to be, you are well on the road to a more abundant life. There are three almost magic words you can use that will increase the effectiveness of your visualizations. They are "PEACE, JOY, and HAPPINESS." You can always recall some time in your existence when you were peaceful, joyful, or happy by reliving the experience in your memory, which is a store for images. You can counteract any image which is opposite or contrary to the positive stored away images of peace, joy, and happiness. All the cells of

your being are constantly changing. It behooves us to implant the very best images concerning all things in order that the new cells will build after the perfect only.

You have the secret now and can always use it the rest of your life. Set aside a ten day period and apply this formula every day for ten days in succession. By the tenth day, you will be wondering how something so good and health giving could have escaped your notice for so long a time.

CHAPTER SEVEN

AFTER TEN DAYS

I now assume you have followed all the instructions I have given you for a ten-day period. You have experienced many new and delightful sensations and are now prepared for more definite steps in the realm of true relaxation. A few more words at this time are necessary to enlarge your ideas concerning the changing of images.

The best and ideal time to change undesirable images is when you reach complete relaxation, just at the state before sleep. You can change undesirable images by counteracting them with new and different images; by visualizing the opposite of the undesirable. You will find all this easy if you have followed the previous instructions. You will find the action of your mind in harmony with your deep desires.

If you have decided to finish reading this book before putting to practice what you have read in earlier chapters, you must realize that you cannot possibly know what I am talking about from here on, until you do practice and master the "Art of Relaxation." And, if there is anything I have said or may say that needs repeating, it is "YOU MUST RELAX." I have told you how to do it. Be sure you have mastered this art before you read any further if you wish to obtain best results. Everything I shall say from here on will be said to you who know how to relax completely and perfectly.

Now that you have mastered the most practical art known to man, you are feeling better in many ways. You have a new confidence; a new courage. You are happier; you are getting more out of life. You are living more fully. You are not merely existing; you are really living. You are beginning to partake of

the more abundant life. Many rewards are waiting for you. You are now putting into use that part of the whole you fell heir to when life first became manifest through you as a being.

It is now time to enter into discussions concerning some of the essential things in life; the common ordinary things that are necessary for even a bare existence. Food is the most common and the most essential requirement necessary for man's existence. First, we must have food and we should have a variety of it. That is all that is necessary for us to be concerned about. The intelligence that resides in us will tell us what particular food or combinations of food we should eat. The instinctive mind knows exactly what food we should select and will always choose what is correct if we do not interfere. Diets, fads and overeating, trying to regulate a mechanism as intelligent as we have within us, kills more people eventually than automobiles

do. Food needs only to be clean and wholesome to give our being what is best for it to consume. Leave the selection up to the instinctive senses. Some have stated that digestion begins in the mouth. Digestion begins with the instinctive mind. As an example, merely visualize an orange, apple or any fruit you like. Make an image of it. See yourself eating it or preparing it for eating, and if the juices of digestion have not started to secrete from the salivary glands in your face, you do not know how to relax. But I know that you know how to relax and I also know that your glands secreted the juices just as I suggested they would when you made the image. I wish to make it obvious here that, with a variety of clean edible food you need not give a moment's thought to your diet and you will be perfectly healthy in every way. Eat what you like when you have an honest natural appetite and any time you desire. But do not eat any-

thing when you are not honestly and naturally hungry.

The old ideas and superstitions about food and its relation to digestion were all erroneous. Every country in the world eats substantially different foods. But if the people have enough of whatever it is they eat, they are never undernourished and, if the food is fresh and wholesome, they are never ill from the effects of eating. Never eat when you are tense, angry, upset, or under emotional stress or strain. When you eat, enjoy your food; talk preferably about food and its health and life sustaining properties. If you do not think the food you are eating has these properties, do not eat it. Always keep your mind open; try new foods and if you like them and enjoy eating them, they will not harm you in any way. There are only a few basic fundamental foods and by foods I mean grains, fruits, vegetables, meats

and milk; all others are a combination of the basic ones.

There is such a thing as being free to exercise all of our objective senses without suffering any but pleasant reactions. I am aiming in this book to give you the true authentic information that will liberate you and give you the peace, happiness and contentment that is rightfully yours. I am giving you plain true facts of life and I wish you would read carefully as you peruse each chapter. By doing this, you can feel assured your mental effort will not have been in vain but you will surely and steadily advance onward and upward to a more abundant life. Always be honest with yourself as well as with others. Try to eliminate as nearly as possible from your life all sham and artificial living. Be real; be yourself, your true self; not the part you have acquired from others but the real you, undaunted and untrammeled by the silly and foolish opinions of others who think

they know the real you. No one can know you as well as yourself when you have been given a real chance to express your real self. Always be an optimist. It pays large dividends in health and happiness. I do not mean an unreasoning optimist who says the sun shines when it is obscured by a cloud, but the real optimist who knows that the sun will shine again when the cloud has passed. Regardless of what your problem is, if it be health, happiness or success, you are going to win because you had the courage to start and now, you are receiving an understanding faith in the something within, your liberator. Man has been seeking and searching since the beginning for something he has failed to find. He has always looked outside of himself; the secret lies within. That secret is beginning to dawn upon you now. Its brilliancy will envelope you more completely each time you relax and go to the real you within for the answer to

your problem. The infinite in you has mastered all things; its intelligence knows all things; it is impartial and is governed by a universal law that is infallable. You have been drawing nearer and nearer and have finally contacted with it; from now on you are dwelling in the reality of life. You will now express reality. You will be noticed and will draw unto yourself everything you need to continue to express this reality. You would not think of doing anything that would harm, cause pain or misery to others because you know that life is love. The real "you" tells you the secret and you have no desire to do anything but good. Your entire life,—your actions, your words, your thoughts are now based upon good, intelligence and tolerance for all. It has become a part of you. Now you greet the good in all people and things. You are not a kill-joy; you are not a sour-puss; you are not eccentric; you are healthy, happy, fun-loving, con-

genial, exhuberant, because you now have the secret, — the long-expected, — the long-sought secret. You have found yourself.

You have perhaps read considerably about sleep and no doubt, you have very good ideas as to what sleep is; why it is necessary; how much we need, etc. I am going to devote a good lengthy chapter to a discussion of sleep as I, who claim to be the original master of sleep, know it.

In the first place, it is not the quantity of sleep we get that matters; it is the quality of sleep we get that spells the difference between a waking smile or frown. It will vary of course with different individuals, but from three (3) to six (6) hours of sleep in the state of complete relaxation will suffice for any adult. I am speaking from actual personal study and supervision of several hundred people who have demonstrated to me and to their own satisfaction, that my

theory of sleep is now a fact. I selected for study on the sleep theory men and women who work different shifts, such as 8 a. m. to 4:30 p. m.; 4 p. m. to 12:30 a. m.; 12:00 midnight to 8:30 a. m.; and other irregular hours, too numerous to mention. Ordinarily, people who work on other than day shifts had difficulty getting enough sleep because they could not sleep when they wanted to. After learning the Art of Relaxation, invariably each one found that they could sleep when they so desired and furthermore, required from two (2) to four (4) hours less sleep than formerly. I want to explode the old,worn-out theory that sleep eliminates the poisons from the system. The waste matter is eliminated from the system regardless of the amount of sleep we get. The only reason we need sleep is to remove the tension from all the organs of our body or the nerves that control the organs. This enables every part of our being to bring about

the harmonious condition that is necessary to carry on the cell growth that renews our youth and strength each day. All the body is constantly renewing itself by division of the cells, one-half being new while the other half being old passes out as waste. The virility of these cells depends upon the images that have been implanted in old or parent cells. To keep healthy and happy,—to remain constantly in a state of youthful expectancy, we must always visualize the cell growth we desire. Furthermore, we must have an understanding of the principle involved as I have just explained. If we could banish from our reasoning mind all outside impressions and cause all the objective senses to cease giving impressions of any kind and, if we could do this for any length of time we desired, we would not need any sleep. Complete and perfect relaxation approaches this state and, to a certain extent eliminates the need of sleep.

The first few days of complete relaxation causes us to desire and actually need more sleep because of the tension leaving the nervous system. But after a few days of this, we find we need less sleep and our energy for all purposes has increased. You, who have already mastered the Art of Relaxation, can readily understand what I am talking about. You will find as you continue in this art that many revelations of your inherent power will come to you. You of the aggressive disposition will search deeper and become master of your fate more fully each day. As to the amount of sleep we should have, we can treat that in a like manner as we would food or any other seemingly unending inherent desire. Never try to sleep unless you feel drowsy. Lie down. Relax completely. And when you are properly refreshed, you will awaken. If you are not sleepy, do not try to sleep just because it is your regular sleeping time. Work, play, ex-

ercise; do anything but trying to sleep when you are not sleepy.

I have given you the exact and definite formula for complete and perfect relaxation. For your best interests, you should continue this at least twice a week after you have completed the prescribed ten day period. The first ten days will remove all the accumulated nerve tenseness and relieve any disturbing functional troubles. It is very necessary you keep this condition permanent. You not only have to relax first but keep relaxed always. Be sure at all times that your nerves are free from tension. I am now going to tell you how to keep relaxed during all your activities.

When you are walking, keep your head up, your shoulders lifted and arched. If you feel tense, take a deep breath, fill the lower part of your lungs and exhale slowly. Repeat this until you feel the tension passing away. Never hurry or rush unless it is absolutely nec-

essary and even then keep calm and poised. You will find this easy to do with a little practice. A few seconds does not mean much in a lifetime and all the seconds you use taking everything moderately will add hours to your life.

When you are sitting, do not cross your legs unless necessary. It is preferable to have both feet resting on the floor. Get a good comfortable position for your arms and hands. If you feel the least bit tense, take some of those lower lung breaths. Always remember to exhale slowly. Regardless of what position you are in and regardless of how much excitement is going on around you, breathe deeply, exhale slowly and let everything go. Keep yourself under your own surveillance for a few weeks. When you catch yourself holding a part of your body tense or tight, breathe deeply, exhale slowly and let that particular part of your body go. At the same time, you get in the habit of let-

ting every part of your being go together. By forming the good habit of letting go in the active stage of your life, you will be saving and renewing your nerve energy at the same time. You will not only get immediate results, but you will be building up energy for future use and when you need an extra amount of energy, you will not be found wanting. It makes no difference who or what you are. This method I have given you will work for you every day. There is only one requirement on your part that you must practice. The results are inevitable "RELAX FIRST."

CHAPTER EIGHT

THIRTY-NINE THINGS TO THINK ABOUT

ORIGINAL SAYINGS

1. True happiness is built on the solid foundation of being honest with yourself.
2. Begin the task of making others happy when you have found it yourself.
3. Your desire to make others happy will give you the key to the place where happiness is kept.
4. Happiness comes from within; ending pleasures from without.
5. When you harm another, you harm yourself more.
6. Each kind thought is a creation of the soul.
7. Evil thoughts are unreal and cannot harm the soul except authority be given by the owner.

8. Love is a boomerang that gathers as it turns.
9. Idle Chatter has its reward of Noise.
10. Clouds can be beautiful when understanding penetrates to the sun beyond.
11. Look for the good everywhere and you need not ask, "Where is God?"
12. The spirit of man abides in the faith of the whole.
13. The sincere prayers of many make the soul respond as will the mighty prayer of one.
14. Prayer is the ability to cast all burden of the soul to the power that is the source of the soul.
15. Anxious is the man who knows not the source of life or has no model.
16. Suffering is visited upon those who learn the truths of life slowly.
17. We all must eventually evolve to perfectness; otherwise life shows no purpose.
18. Discreet is the man whose under-

standing gains admittance to the realms of right.

19. Patience is the wise man's basis for the expectancy of good.
20. Perseverance in harmony with an open mind is the nearest road to success.
21. Courage is the refill for unfounded fear.
22. Fear is the absence of courage seeking the courage to encourage itself into being.
23. Few words meaning much proves the fallacy of many words meaning little.
24. Emptiness of hand shows an inaptitude for many things.
25. Hate will wound the one who would be the destroyer.
26. Resentment alone wasteth not much, but a little.
27. Jealousy is the greed of despairing selfishness.
28. Greed is the knife that cuteth itself.

29. Envy is the lack of ambition to progress in accordance with the plans of the universal law.
30. Happiness is the reward for obstacles overcome with a tranquil mind.
31. Mind is the thought, not the brain.
32. Perseverance will win your goal when coupled with intelligence.
33. Ignorance is the father of all error when mothered with intolerance.
34. Life will give you what you demand when fortified with faith.
35. Believe not what seems not good for you.
36. Fear is your enemy; ignore it and it will cease to frighten you.
37. Your ordinary actions reveal the acquired **you.**
38. Your extraordinary actions reveal the real **you.**
39. Creativeness is the power of progress.

CHAPTER NINE

UTOPIA

In this chapter of this book, I will give you a general outline of a model of living that I am sure will give you the peace of well being nearest to the state of Utopia that we reach until enough of us have attained a more perfect understanding of what life is and its purpose.

We will have criminals and dissenters from all good things, as long as our children are trained through negative emotion and passion as so many are trained today. All parents should be taught to train their children with positive and constructive attitudes toward life. A child should always be told that he is the highest form of life and as such, he should live up to the highest expectations of that life. He should be taught this by a parent who is sincere in his own attitude concerning life. The

child should never be taught to do or say anything unless there is a good sound reason for his doing or saying it not because the parent thinks he should or for selfish and egotistical reasons **wants him to.** It really revolves back to the parent. If parents would use the time they spend pursuing puritanical ideas to learn something about themselves and their children, the unnecessary misery in the world would diminish immediately. Thanks to the inherent intelligence we all possess and to the millions who are using that intelligence, our nation in particular is progressing rapidly in the right direction.

In this book, I have given you a great secret of life. Now use it. Remember, "RELAX FIRST." All good things will follow. Before you try any new methods with your children; before you do anything different than before you read this book;—I am saying to you once more "RELAX FIRST."

Let us all enter into that realm of knowledge where we understand that we have a great heritage and, through the positive attitudes of confidence, courage, patience, faith, love, truth and with intelligence and open mindedness, surge ever forward and rapidly evolve into that state of Utopia where health, happiness, peace, joy and love are the reward of our efforts. And of these, there are plenty to go around because they are as endless as the universe and as limitless as the creative source of all things good. Our mental and spiritual powers are in the infancy of their development. Today we are just merely started. Let us keep our eyes lifted toward the goal of accomplishment and overcome ignorance and superstition by ignoring the force that tries to drive us to be unreal and superficial. First, we should be honest with ourselves. This attribute will pave the way for honesty with others.

In a previous chapter, we discussed

some of the material essentials for living. Food for the body is of course the most essential to keep our bodily functions in operation. Relaxation is next and, as a forerunner of sleep, we will include sleep with the ability to relax. There are other foods of the mental and spiritual nature that we absolutely must have before we even approach the utopian stage. The mental and spiritual phases of the human being are so closely related that it is not easy to define or digest the difference. The mental phase is the inherent intelligence, the knowledge that is governed by universal laws which are as co-relative as a falling apple is to the law of gravity. I am referring to the instinctive mentality. The reasoning mentality is merely a product of environment and very useful as a relayer of sense impressions to the governing or instinctive mentality. This first mentioned intelligence would be like an electrical robot without the electrical current if it

were not for the spiritual phase which is the power. Food for the spiritual phase of power is secured by the mental phase using the power that it governs; in other words, the mental phase can receive as much power as "it" the intelligence calls for and when it has a definite use for the power. By keeping our minds open and allowing the reasoning sense relayer to pass the desirable images of sense impressions it receives, we are allowing the inherent intelligence to receive the food that it needs to generate the power of the spiritual to express itself in a co-ordinated and harmonious way.

Proper knowledge of the natural universal laws and their right application will remove the necessity for man-made laws. I am going to give you a list of universal laws some of which are known. Almost any school pupil of advanced grades knows the physical laws such as speed, light, gravity, etc. The most important laws for health, happiness and

permanent success are not entered in the school curriculum. The first one we will discuss is the most important and the one about which there is so much controversy,—

"THE LAW OF LIFE"

There is a natural law that governs life, that demands life, (all things living) constantly keep in motion. There can be no stops except for rest and nourishment without another natural law of which we will speak, later, coming into effect to counteract the lack of motion and to disturb the inharmony established by the stop of motion. We must always keep this in mind and never say, "Well, I will settle down now and take things easy," because just as sure as we do that, the law which says we must be in motion will begin to act as soon as the rest period is over. We must either keep moving or fade away into the next state of existence where the same thing will begin

all over. It is best we learn our lessons now. The old saying about there being no rest for the wicked can be interpreted here to say, "There is no permanent rest for any one except in the joyful living of life, in harmony and co-ordination with the natural laws of the universe. The law that says we must keep in motion demands we move in the right direction. Perhaps you will ask, "What is the right direction; how am I to know what way to turn when life says I must move?" The answer to your questions will be answered as we discuss the other natural laws. They are all related and must be interwoven and applied in your life and mine before we reach Utopia. All our fears, doubts, ill-health, poverty, wars, so-called economic evils, jails, asylums, and every other mentionable disgrace to a supposedly civilized nation will disappear when the laws we are discussing are known and applied. It is so much easier to work with a law than against it. The

only reason these laws have not been applied is due to the ignorance of their existence or a lack of knowledge as to how to apply them. If you want the best of all things good and if you expect to eventually arrive, the least you can do as a service to yourself is to try and apply and test everything that I am suggesting here for your betterment. Anything I have or will advocate will not cost you any more than a few hours of quiet restful thinking and some mental effort to activate the conclusions you arrive at.

THE LAW OF ATTRACTION

The next natural law in importance is the law that says, "Everything will be given what it needs to express itself according to its preconceived images of intelligence, be they high or low, good or error." WE express what we attract; we attract what the intelligence has been given to image. If we are to attract the best in the present, we must image the

most definite impression possible to get the desired expression now, not in some vague distant time or existence because whatever the future holds, we must prepare for now. Today is the day of Salvation for all. To you who are discouraged and depressed and cannot see a light shining for you, let me set you at peace. Everything will get better for you. Life is not one-half as hard as it seems. Understand life; it is yours; it will not fail you; if not at once, some day you will be happy, peaceful and tranquil just as sure as you are reading these lines. And if you will but read these lines right, all good will be yours now. I know that makes you feel better because I feel better for writing it. Now my friend, are you going to attract strong vibrant health, youthful grace, and beauty of both mind and body, a symphony of harmonious motion, a peaceful restful life always moving toward per-

fection? I believe you will. I have faith in you.

THE LAW OF VARIATION

There is a law that says, "Everything in life must vary somewhat." Of all there is of everything, there is a difference. Millions of faces, yet no two alike. Millions of plants and flowers, yet no two species exactly alike. Anything you can mention that expresses intelligence, that attracts its supply, is just a little different from anything else of a similar nature. This is true generally, taking the whole being into consideration and when we go further to the extent of examining the cell structure, we find in every instance a wide variation. There will always be variation in every living thing because change, progress, and the growth of all life calls for its manifestation. In your advance toward perfectness, you will aid the progress of the whole by being different; getting away from the

monkey idea of imitating. Again I have faith that you will use the law of variation for your advancement and that of modern civilization.

THE LAW OF ACTIVATION

There is a law which demands that all life must be kept in motion. We mentioned the necessity of this law in the explanation of the law of life. This is the law that disturbs the inharmony of lack of motion. When we stop to evolve and move forward, there is bound to be an absence of life expression and, unless a continued motion is maintained, we begin to die and lose the sparkle and magnetism of our true expression. In order to comply with the law of activation, we must become aware of its existence. And when the law activates our life with its force, we must allow the power of its manifestation to continue the true expression of life.

By co-ordinating all the laws we have discussed, we bring into being the law of the whole. This is a universal law designed to cause the harmony in everything that expresses life. You perhaps have noticed that all natural things have a parallel. As an example, two individuals get an idea at the same time. This idea can be approached from two angles, the physical and the spiritual. The idea can be passed on to others according to their conception of things and their evaluation of life as well as the part the ideas play in their life. Eventually, both ideas lead to the same conclusion. The spiritual idea is nearer the conclusion in the beginning than the physical because the former entered into its environment at once. The physical idea has a great barrier to overcome before it can begin to express reality. Any idea must start with the spiritual but because of the concepts of the mind that originated it, if

they be physical, the idea must evolve through the physical parallel back to its origin, the spiritual. If the concepts of the mind that originated the idea be spiritual, it begins to be activated at once and can be passed on to others whose concepts of life are spiritual.

The law of the whole eventually brings all other laws together and co-ordinates all life. All life is evolving toward the utopian stage. Just as soon as individuals put all negative and destructive thoughts and images outside of life, we will have utopia. The human mind is the ruler and when coupled with the power of the soul, every good and desirable condition in our life is possible.

As a special favor to yourself, I implore you to put to practice everything I have told you in this book. I have tried to make the principle of the idea plain; your reward will be the interest. Even though my way of life may seem far-fetched, irregular and impractical to

you, nevertheless I insist you put to practice what I am teaching. I know you are sure to win the most desirable and useful things in your existence. I am not passing on to you what some one has taught me. I am giving you something that I have tested time and time again under the most trying conditions. I have found a supreme happiness, perfect health and have been very successful in all my endeavors. This condition in my life has been constant ever since I discovered how to completely relax,—both my mind and body. That is the reason I am continually stressing the importance of knowing how to RELAX FIRST. All the workings of the mind,—the wonder of all the good there is in life,—the beauty and grace that the human body can possess,—all these will not permanently be yours until you have mastered the Art of Relaxation. Perhaps this art was known in ancient times. One thing is cer-

tain. It is a lost art today with the majority. There are a few who unconsciously know the art. Whenever you run across any one who belongs to this group, you invariably find a happy, healthy and successful person. There is a still smaller group of people who consciously know how to relax but cannot tell another person how they can accomplish this. Most humans will work and strive year in and year out trying to get ahead in the world, trying to overcome all obstacles. Some do reach the pinnacle of success but at what a price. Unless a successful person has found himself,—unless he has located that something within, he lacks the two most important things in life,—health and happiness. As you read these last pages of this book, I want you to be serious. Do not sneer at what you might not understand. Wake up that lethargy in you and get busy. Learn now the art of searching within yourself and analyzing what you find.

Use the best that is in you to advance and co-ordinate yourself with the law of the whole. This natural law will be satisfied regardless of what you do about it. If you will work with the natural laws of life, you will find peace, joy and happiness. If you refuse, you have no one to blame but yourself for the consequences. I have been writing the last lines for you who think you know it all and yet are complaining about your lot in life and at the same time are too self-satisfied to listen to the truth. To the others who have and will continue to profit by keeping an open mind and have resolved to test and prove all the statements I have made in this book, I have a great understanding for you. I am sure you are going to advance and progress in all phases of your life. You will find everything of good becoming yours. You will realize your ambitions and everything will work in harmony and co-ordination in your life. You will be free physically, mentally and spiritually.

CHAPTER TEN

I WILL WIN

There was a soul that wandered out in the cosmic space,
A soul that was seeking a development place.
The earth it seemed so backward, it needed kindness too,
To the soul it was the best place with so many things to do.
The soul gave its command to the intelligence to perform,
And according to the laws of nature a genius was born.
Everyone who has been born on this terrestrial sphere, was once a soul that wandered before its advent here.
Each soul came for a purpose, a function to perform.
And that my friends is the reason that everyone is born.

Every birth gives the world a genius an allotted part to do.
So all will fit together when all good things come true.
Do not be confused by gestures of those blinded with despair
They have their place in the grand scheme and eventually will be there.
Ignorance, doubt and hate try to soil and disappear,
But they cannot harm when love casts out all fear.
So be calm, secure and confident, the race it must be run,
Relax, forget your troubles and have your share of fun.
Be joyful, gay and happy and each day nearer be,
To perfect understanding where every good you see.
And when your work is finished what you surely must do,
Remember the joy of beginning and that is never through.

By WILLIAM R. FERGUSON.